

Corn Cake: Our Daily Bread

The corn cake of the 1700s was not a sweet dessert like the birthday cake we eat today. Made from cornmeal and water, it was the daily bread of both ordinary white folks and enslaved Africans here in the Carolina Backcountry. It can be made more fancy by adding eggs, milk, or butter to the ingredients.

You'll need:

- Two cups cornmeal (not self rising)
- A pinch of salt
- Approximately 1 cup of boiling water
- Fatback or raw bacon
- A griddle or a cast iron skillet

Mix the cornmeal and salt in a mixing bowl. Have an adult add enough hot water to make a stiff dough. Let the dough cool. Use your hands to shape the dough into round, flat cakes, about ½ an inch thick and 3 inches wide. Have an adult heat the griddle or skillet over medium heat. When the griddle or skillet is hot, the adult should grease it by rubbing it with fatback or bacon. Place your cakes on the griddle or skillet, flipping them when the bottom turns golden brown. For best results, eat them while they are hot. They are tasty served with butter!

Adapted from *The Backcountry Housewife* by Kay Moss and Kathryn Hoffman